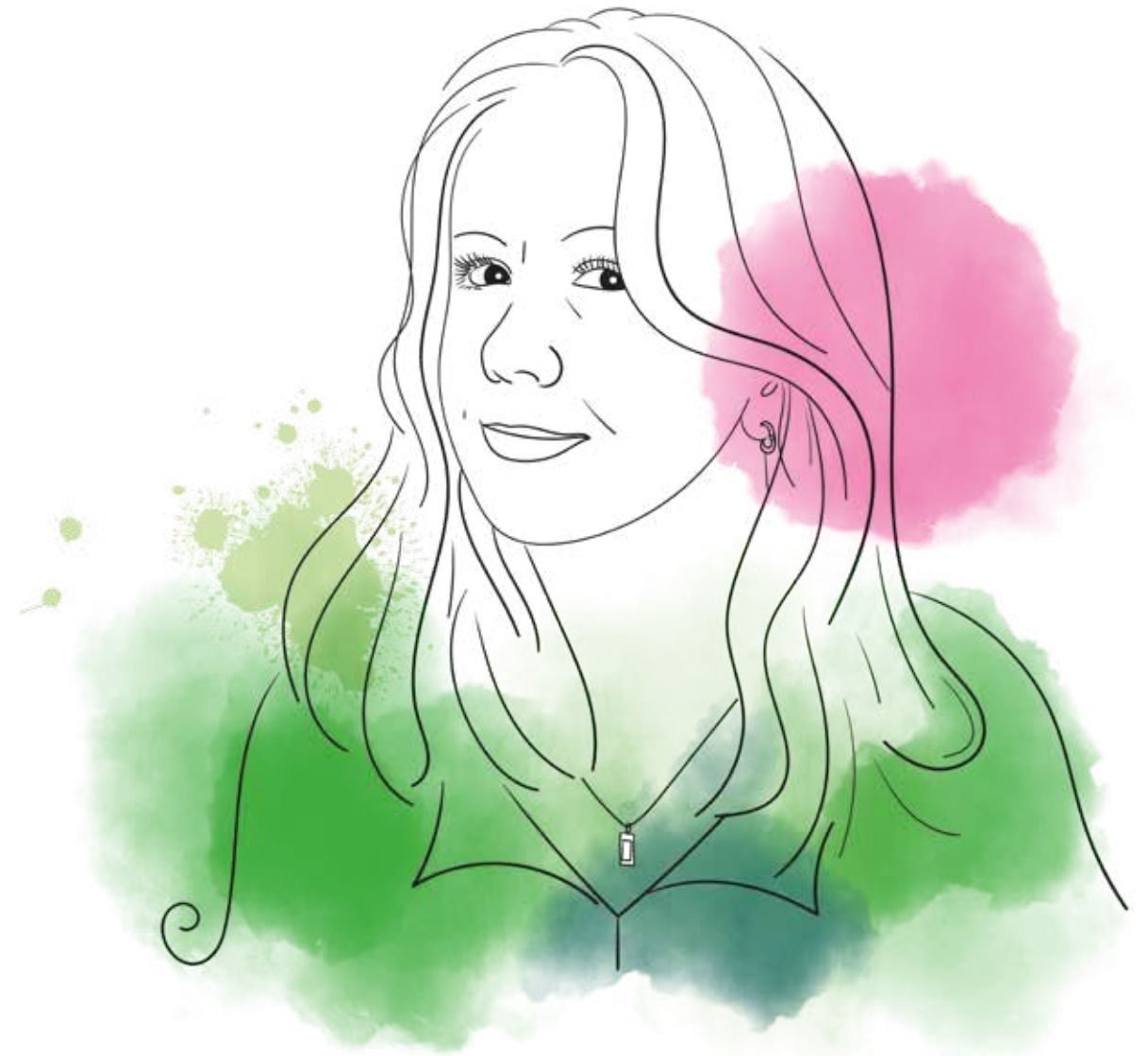


MELLAN TVÅ VÄRLDAR

School

Liv

Liv walks through the door to Umeå University. She is ready to fight her way through another day. As a deaf person, she is constantly forced to plan and be one step ahead, so that she has a chance to absorb the teaching. If she has support from speech-to-text interpreters, they work remotely. All microphones and other technology in the lecture hall or classroom are Liv's responsibility. There are thousands of wires, poor Wi-Fi and lagging sound. The videos that teachers post online rarely have subtitles, and if they do, they are usually lousy. There can be a long list of problems. In the end, Liv decides to primarily rely on having sign language interpreters on site with her. It's nice to have one less area of responsibility. But on days when everything is a real struggle, she considers dropping out of the course altogether. Luckily, Liv has hard of hearing friends at university with whom she can vent her frustration. They can sign, give each other tips, and build the mental armoury to get through their time as students. You can't remove what's difficult – but you can learn to deal with it.



School



Students can attend a hearing class or a sign class, both in municipal and state-run special schools. More information can be found through the National Agency for Special Needs Education and Schools and the Swedish Association of Hard of Hearing People.



The National Upper Secondary School in Örebro is an adapted high school for deaf and hard of hearing students, which is open to applicants from all over Sweden.



Support and adaptation are also available to study at university and college. For more information, contact the institution directly.



The National Agency for Education has information about the right to receive help in elementary school and upper secondary school.



Tips for good communication

Information channels

- Important information should always be provided in writing.
- If the sound environment is poor, write down questions and answers.
- Try using your phone's speech-to-text features or chat tools to support the conversation.



Environment

- Make sure the location has good lighting and acoustics.
- Minimise background noise by, for example, closing windows and doors.
- Reduce visual impact, for instance by storing materials in covered cabinets and displaying all relevant information on a designated part of the walls.
- Round tables are preferable, where everyone can see everyone else.

Clarity

- When talking, stand close to and turn your face towards the hard of hearing person.
- Please ask what you can do to facilitate the conversation. Different people may have differing wishes and requirements.
- Don't cover your mouth and remember to speak clearly so that your lips can be read.
- If necessary, repeat what was said or use different words if the other person does not understand.
- In a meeting with several people, speak one at a time and preferably at a calm conversational pace.

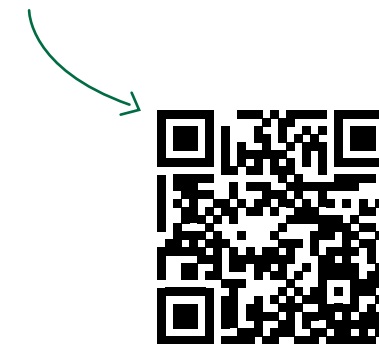


Between Two Worlds tells the story of what it's like to be young and hard of hearing and to feel caught between the hearing world and the sign language community. How it affects people's lives.

The aim is to empower young hard of hearing people and to increase understanding among family members and professionals.

Focus groups comprising young people with hearing loss and other experts have helped gather valuable experience and insights. This has resulted in a book, brochures, lectures, recorded talks and informational videos based on various themes on the subject.

Use the QR code to access all materials:



Between two worlds

**With support from the Swedish Inheritance Fund,
from 3 October 2022 to 30 September 2025**

National DHB Association

The Swedish National Association DHB is a family organisation for families with children and young people who are deaf, hard of hearing, or have a language disorder. We create community, spread knowledge and fight for everyone's right to participation.

To get in touch, email kansliet@dhb.se



**ALLMÄNNA
ARVSFONDEN**

